

Sustainable Fashion

A guide on how to be a sustainably, conscious consumer + resources!

*Slides by Lucy Dabat, 2022
(Youth Climate Advisory Committee)*



How To Be A More Sustainable Consumer

The easiest way to be a more ecologically conscious consumer in terms of fashion is by buying second hand. In Pittsburgh, there are dozens of high-quality boutiques and thrift shops with low prices. Second hand clothing stores are amazing for the environment because they reuse clothing instead of discarding it to a landfill.

Second Hand Clothing Stores:

- East End Community Thrift: <https://www.thomasmertoncenter.org/thrifty>
- Thriftique: <https://www.ncjwpgh.org/programs/thriftique/>
- Clothes Minded: <http://www.clothesmindedpgh.com>

Being A Conscious Consumer

Being a more conscious consumer is a huge part of being more sustainable in fashion. This practice can also go for other areas of purchasing.

Being conscious with purchases means to avoid impulse buying to decrease the amount of unnecessary purchases you make. This will not only save you money, but it is also good for the environment! Buying consciously brings mental clarity as well, as you have intend for each and every purchase.

Being A Conscious Consumer

Make a wish list!

Keep a list of items or ideas of clothes that you want, and update it when encountering something you see at a store but are uncertain about. You can reevaluate the item from your wishlist and decide whether or not you really need it.

This prevents impulse buys that of clothes you will not wear enough, which in result decreases the amount of clothes that end up in a landfill!

Resources

Local places that offer access to sewing machines or offer open studio and/or classes!

- Pittsburgh Center for Creative Reuse
 - <https://pccr.org>
- Cut & Sew Studio
 - <https://cutandsewstudio.com>
- A&J Sewing Studio
 - <https://www.ajsewingstudio.com>

